



# MINDFUL WELLBEING EDUCATION

## 8 WEEK MINDFULNESS BASED STRESS REDUCTION COURSE

NEW COURSE BEGINNING  
MONDAY EVENINGS

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**APRIL 9<sup>TH</sup> 2018**

**7.00-9.30PM**

ST MOCHTAS PARISH CENTRE,  
PORTERSTOWN/CASTLEKNOCK  
DUBLIN 15

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FOR FURTHER INFORMATION - **MAIL:** [INFO@MINDFULWELLBEING.IE](mailto:INFO@MINDFULWELLBEING.IE)  
**WEBSITE:** [WWW.MINDFULWELLBEING.IE](http://WWW.MINDFULWELLBEING.IE)